

ABSTRACT OF THE DISCLOSURE

A method for producing a choline-fortified, ready-to-eat cereal including the steps of cooking a blend of cereal ingredients to produce a cooked cereal mass; and blending a source of choline into the cooked cereal mass to produce a choline-fortified cereal mass used in the production of the ready-to-eat cereal. The source of choline may be lecithin and/or a choline salt. The step of blending a source of choline into the cooked cereal mass may include blending the choline source into the cooked cereal mass in an amount supplying at least 5% of the Adequate Intake (AI) of choline per serving of the choline-fortified, ready-to-eat cereal. A composition including a ready-to-eat cereal, the ready-to-eat cereal including a cereal grain and a nutritionally significant amount of choline. The nutritionally significant amount of choline is an amount supplying at least 5% of the AI of choline per serving of the composition.